



Psy-ECO-logy of Change

Creating meaningful change
based on the teachings of
Sathya Sai Baba

29 September 2019
8:00pm - 9:15pm AEST



sathyasai.org/environmental-sustainability





<https://www.youtube.com/watch?v=w0sWIVR1hXw>





Content

- Learnings from Scriptures
- Our journey
- How can you create ripple effects
- Envirocare and Transformation



From the aboriginal Australian elders



Bob Randall, Yankunytjatjara Aboriginal Elder

“The purpose of life is to be part of all that there is. ... we are connected to everything else, and the proof is being alive. You’re one with everything there is.”

“My culture’s been around for 40,000 years. We’re probably the oldest culture in the world ... We had this discipline in place of not to take more than you need or not to destroy anything that’s there to the level where it cannot produce again.”



Vedas on Nature

To enjoy good health, one should have water, food and air free from pollution. Now all these three are polluted. Apart from these, man's mind is also polluted. To purify the mind, one should nurture noble and sacred thoughts of service to others. One who does not hurt anybody and has feelings of love and compassion to fellow beings is the greatest of men. That is why sage Vyasa gave the essence of the Eighteen Puranas he composed in the aphorism, "Help ever, hurt never." You should make every effort to avoid harming others in any circumstance. You are only hurting yourself when you hurt others. You should not use harsh words. When you develop human values, you can be free from diseases and even enjoy good health with God's Grace.

Sathya Sai Speaks Chapter 27/Vol.5, 29 January 1994

From Nature Itself - Flowers



From Nature Itself - Sun



From Nature Itself - Clouds

A vibrant blue sky filled with fluffy white clouds. The clouds are scattered across the frame, with some appearing as soft, billowy masses and others as wispy, feather-like streaks. The overall scene is bright and airy, capturing a clear, sunny day.



A vision painted by HIM



Resolution No. 3 from Sathya Sai World Youth Festival 2016





Acts from HIS playscript





Acts from HIS playscript – Initial Initiatives



Separate Bins



2 Bhajan Showers



Making Green Bags



Engaging SSE





Acts from HIS playscript- Social Media

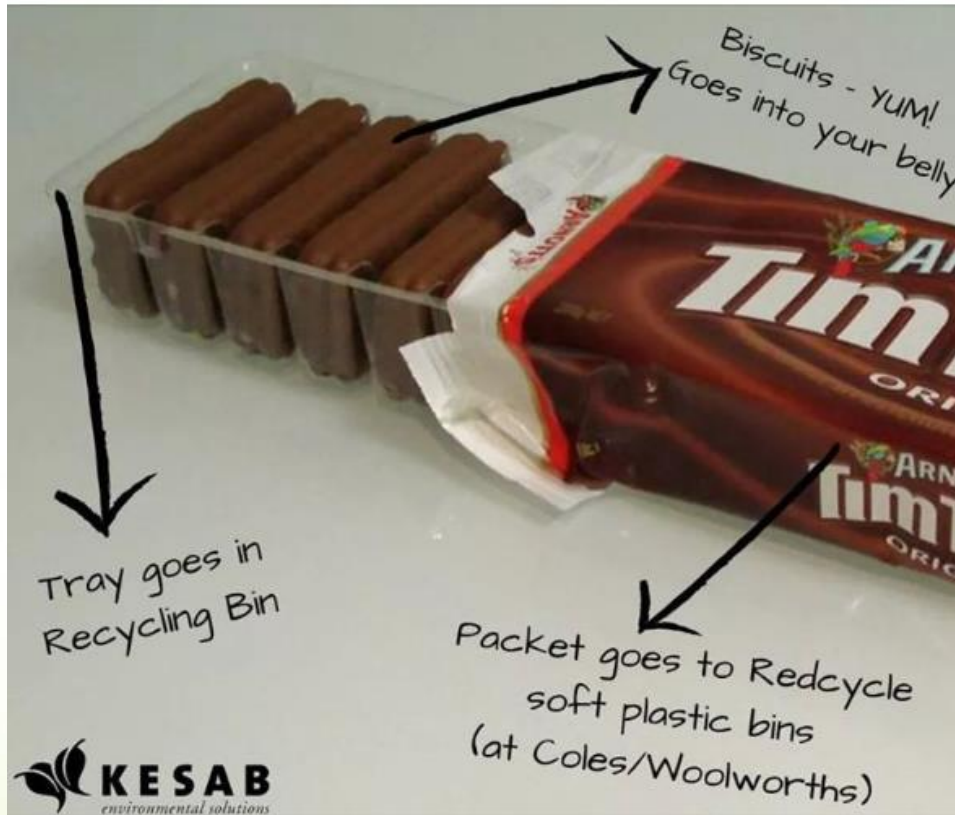


Padma Ramdas

August 27 at 7:46 PM

#greentiptuesday

how to recycle the plastic packaging when you buy a packet of biscuits



ENVIROCARE AUSTRALIA



SERVE THE PLANET CHEAT SHEET

TIPS ON MAKING CHANGES AT YOUR SAI CENTRES

- | Easy | Medium | Hard |
|--|---|---|
| <ul style="list-style-type: none"> Use only sustainable crockery to share Prasadam and food | <ul style="list-style-type: none"> Carpool to and from bhajans and other Sai events | <ul style="list-style-type: none"> Attempt low tech bhajan/study circle sessions when possible (less mics, outdoor setting) |
| <ul style="list-style-type: none"> Do not wrap food in clingfilm and aluminium foil | <ul style="list-style-type: none"> Bring fresh and native flowers from your garden to the altar | <ul style="list-style-type: none"> Work with your centre area council for environmental initiatives around the centre area - such as clean ups, bushcare etc |
| <ul style="list-style-type: none"> Bring your own sustainable Sai Green Kit with cutlery, container and a cup | <ul style="list-style-type: none"> Use existing materials and fabrics to set up the altar - get creative! | <ul style="list-style-type: none"> Environmental study circles to spread awareness and spark discussions regarding global environmental issues |
| <ul style="list-style-type: none"> Use rugs and cushions during winter | <ul style="list-style-type: none"> Supply separate bins in centres e.g. red cycle, recycling | <ul style="list-style-type: none"> Use reusable material during service activities as much as possible |
| <ul style="list-style-type: none"> Avoid individually wrapped Vibhuti packets or prasadam | <ul style="list-style-type: none"> Use newspaper bin liners | |
| <ul style="list-style-type: none"> Open curtains and windows during bhajans to allow natural breeze and airflow | <ul style="list-style-type: none"> A designated team for wash up when reusable cutlery are used | |
| | <ul style="list-style-type: none"> Plan quantities of food being prepared for events and pack extra food in biodegradable containers | |



Envirocare Australia



Acts from HIS playscript





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How can you create
ripple effects?



1. Act, do NOT judge

“All that you see outside is a reflection of the inner being. Good and bad do not exist outside; they are mere reflections of what is within you. No one has the right to judge others. Give up all that is bad in you and you will find goodness all around. As the colour of the glasses you put on, so is the colour of the world you visualise. The defect lies in your vision, not in the creation.

They shall not command or punish; they can only persuade and advise.”

– Sathya Sai Speaks, Vol. 10, page 227





2. Keep the Conversation Going

“When the sun rises and shines,
Not all the lotus buds in the lakes
and ponds bloom,
Only those that are ready, do.
The rest have to bide their time,
But all are destined to bloom,
All have to fulfill that destiny.
There is no need to despair.”

— Sathya Sai Baba





3. Empathise your way in their perspective

“Be an example to others. Do not scatter advice, without the authority born of practical experience. Love, cooperate, help, serve.”

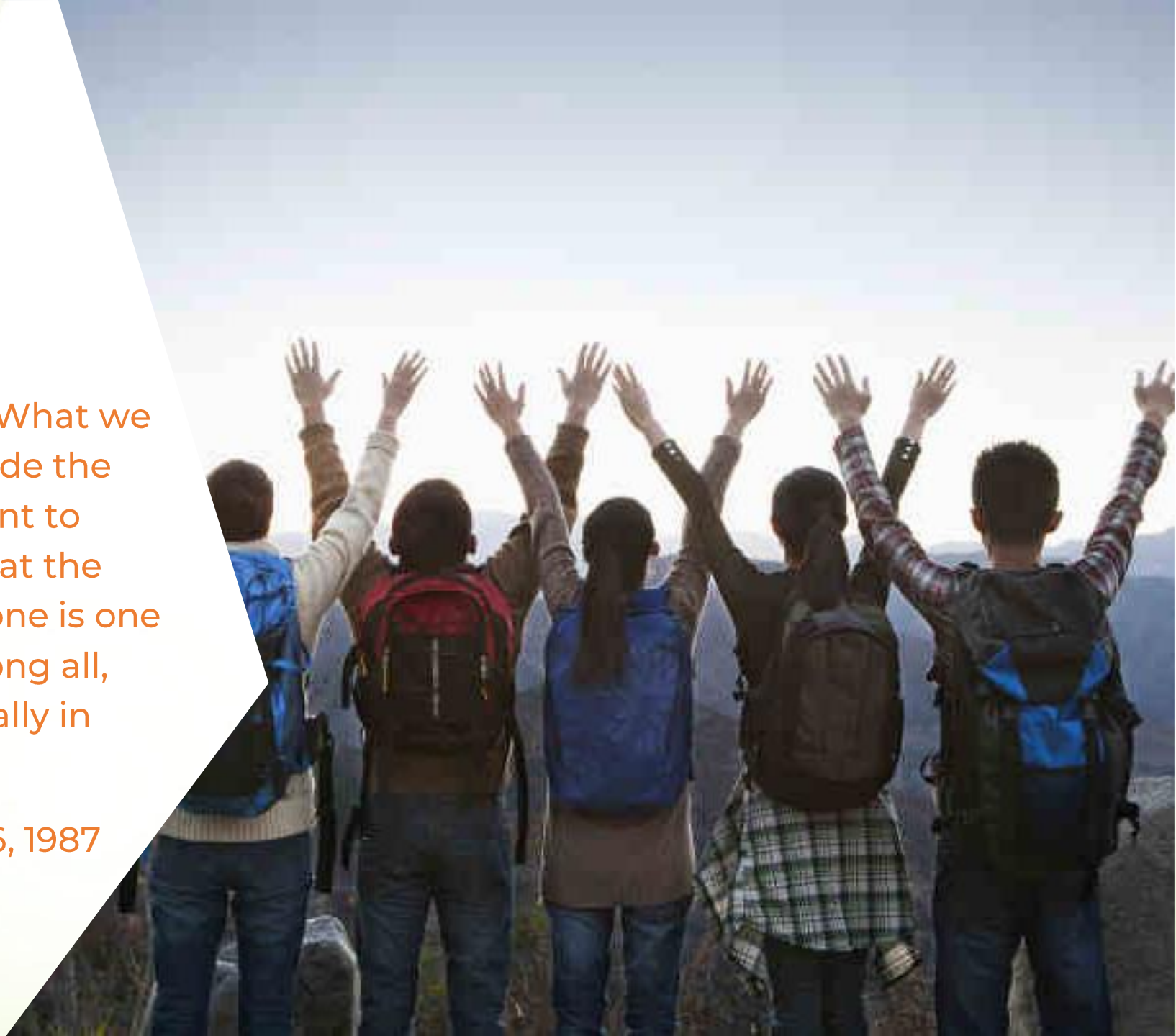
Sathya Sai Speaks Vol 9 p35



4. Connect with shared values

Human values are in everyone. What we need are persons who will provide the stimulus and the encouragement to bring them out. If the feeling that the divinity that is present in everyone is one and the same, is promoted among all, human values will sprout naturally in every person.

–Sathya Sai Baba, September 26, 1987





Summary

1. Act – Do NOT judge
2. Keep the conversation going
3. Empathise your way in their perspective
4. Connect with shared values



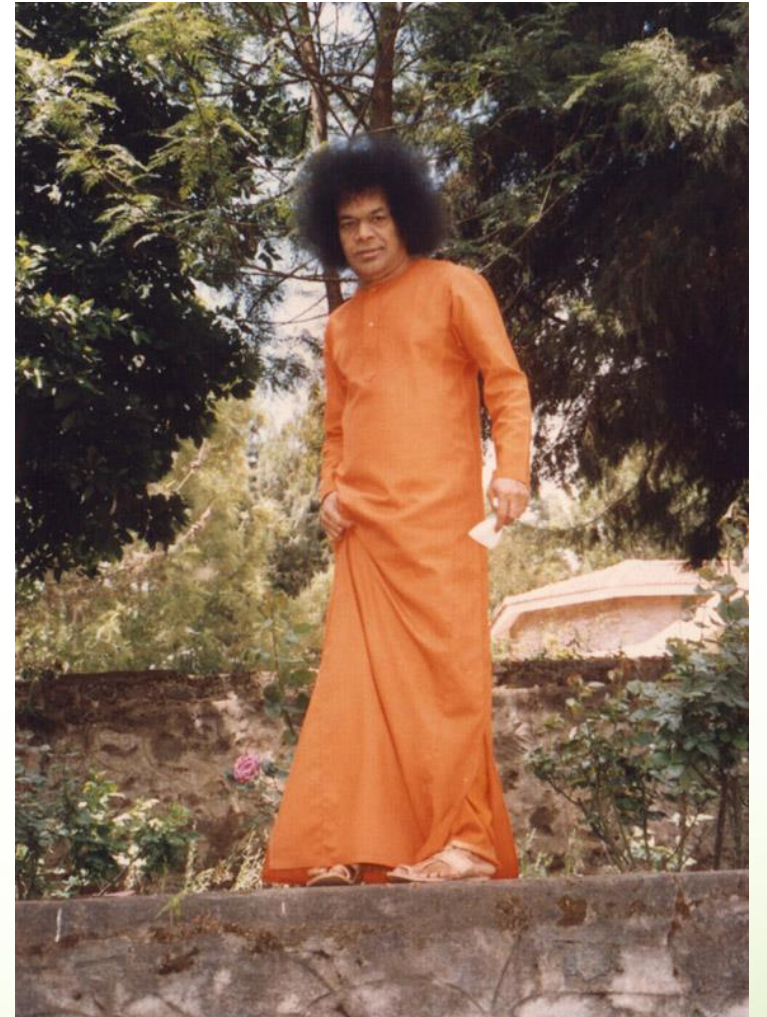
Fun Fact
Kangaroos
cannot move
backwards



The Creator and HIS Creation

Brahmanda Nayaka Baba
Parthipurishwara Baba
Chand Aur Sooraj Thum Ney Banaayi
Nadiya Sagar Thum Ney Banaayi
Ayodhya Nagari Thum Ney Banaayi
Dwaraka Nagari Thum Ney Basaayi
Shirdi Parthi Thum Ney Basaayi

Oh Baba, Creator of the entire Universe! You reside in Parthi (Prasanthi Nilayam). You created the sun and the moon, You made the rivers and oceans, You made the city of Ayodhya and established the city of Dwaraka. You created the holy cities of Shirdi and Parthi.






A simple form of worship and a simple message

I shall tell you of one form of worship which will endow you with divine strength. Godhead expresses itself initially as the five elements: the sky, the wind, the fire, the water, and the earth. All creation is but a combination of two or more of these in varying proportions. ... Now, since these are saturated with the divine, one has to use them reverentially and with humility and gratefulness... so, tread softly, move reverentially, utilise gratefully.



Closing Remarks



We do not
inherit the earth
from our
ancestors; we
borrow it from
our children

